

WIC INFANT CEREAL

8 oz and 16 oz Boxes Only
SINGLE GRAIN AND IRON FORTIFIED
ANY BRAND



You may combine the 8 oz and 16 oz boxes of cereal.
You cannot buy organic, fruit added, mixed, cans, jars, variety packs or formula added.

WIC INFANT JUICE

SINGLE FLAVOR FRUIT JUICE
ANY BRAND



You cannot buy organic, yogurt added or formula added, mixed flavors or fruit/veggie blends.

WIC INFANT FORMULA

AS PRINTED ON FOOD INSTRUMENT



All formula listed on food instrument must be purchased.

WIC TUNA AND CARROTS

BREASTFEEDING WOMEN ONLY, ANY BRAND



Tuna: You cannot buy organic, packed in oil or pouches.
Carrots: You cannot buy organic.

ARIZONA WIC PROGRAMS FOOD LIST

WIC Programs in Arizona

Working Together Helping
Families Grow

Effective October 1, 2005



Vendors may not carry all items listed and / or
pictured on the WIC food list.

CAN BUY

CEREAL

Up to 36 oz, bags or boxes, from the list below:

COLD CEREAL

12 oz or larger

Any Store Brand Crispy Rice
Any Store Brand Toasted Oats
Cheerios (Plain)
Chex: Corn or Rice
Malt-O-Meal Frosted Mini Spooners
Kix (Plain)
Whole Grain Total (Plain)
Kellogg's Corn Flakes
Special K (Plain)
Post Bran Flakes
Quaker Life (Plain)

HOT CEREAL

11.8 oz box or larger

Cream of Wheat (Instant only)
Malt-O-Meal (Original)
Instant Quaker Oatmeal (Regular flavor - single serving packets)

JUICE:

100% juice only, NO ADDED SUGAR

46 oz containers

Amount as printed on the food instrument

Donald Duck:

Orange Juice (any style)
Pink Grapefruit Juice
White Grapefruit Juice

Dole:

Pineapple Juice
Pineapple Mango Juice

Food Club:

Tomato Juice

Campbell's:

Tomato Juice

Seneca (Red Label):

Apple Juice

Nestle Juicy Juice:

Purple Grape Juice
White Grape Juice

11.5-12 oz Frozen

Amount as printed on the food instrument

Donald Duck:

Orange Juice

Dole:

Pineapple Juice

Seneca:

Apple Juice

Old Orchard:

(Any flavor, except limeade or lemonade)

Single Serving Juice (as printed on the food instrument)

Donald Duck:

Orange Juice

Sunglo:

Apple, Grape & Orange

CANNOT BUY

Organic, raisins, fruit, nuts, and variety packs

Any package of cold cereal less than 12 oz

Any package of frosted cereal (except Frosted Mini Spooners)

Any package of hot cereal less than 11.8 oz box

Organic, cocktail, fruit drink/punch, lemonade, limeade, Awake, Dole Pure & Light, Hi-C, Kern's Nectar, Sunny Delight or V8 any flavor or style

Refrigerated, fresh, or non-frozen concentrated juice, 6 oz frozen containers, or glass bottles

CAN BUY

MILK

Gallons only unless specified on the food instrument

Least expensive brand only

Half gallons and quarts are only allowed if specified on the food instrument

EGGS

Any brand, 1 dozen cartons only
Fresh, raw, large, white eggs only

PEANUT BUTTER

Any brand, 16 oz or 18 oz jars only
Plain, smooth or chunky types

DRY BEANS/PEAS/LENTILS

Any brand and type, 1 lb bulk or 16 oz pre-packaged (canned beans allowed only if specified on the food instrument)

CHEESE

Any brand, 10 oz package or larger
Plain, domestic, regular or lowfat, amount as printed on the food instrument

Only these types:

Cheddar (includes longhorn)
Colby Jack
Colby (includes longhorn)
Monterey Jack
Mozzarella (whole or part skim, includes string)

INFANT FORMULA

Only brand and type printed on the food instrument

INFANT CEREAL

Any brand, single grain, iron fortified varieties only, 8 oz or 16 oz boxes only, amount as printed on the food instrument

INFANT JUICE

Any brand, single flavor only, 100% infant fruit juice, individual containers, four or six packs, amount as printed on the food instrument

CARROTS

Any brand, plain, fresh, canned or frozen, amount as printed on the food instrument

TUNA

Any brand, chunk light only, amount as printed on the food instrument

CANNOT BUY

Organic, pints, raw, goat's, chocolate or any flavored milk, buttermilk, half & half, non-dairy, soy, rice or acidophilus milk

Organic or specialty eggs, Eggland's Best, small, medium, extra large, jumbo or brown eggs

Organic, spreads, added jelly, honey or candy chips or in tubes

Organic, snap beans, fresh, frozen or bean soup mix

Organic, deli counter, random weight, imported, flavored or with added ingredients, cheese that is sliced, shredded, cubed, string (except mozzarella), cheese food, cheese product or cheese spread

Low iron or concentrate formula unless specified on the food instrument

Organic, high protein, fruit added, mixed, cans, jars or variety packs or with added formula, sugar or yogurt

Organic or yogurt added, mixed flavors, fruit/veggie blends

Organic, fresh slice or shredded, canned in glazes, syrup, sauces or baby carrots

Organic, Albacore, solid white, oil-packed, pouches, flavored or lunch kits

WIC JUICES

100% Juice, No Added Sugar

ONLY THESE BRANDS

You may combine 11.5 oz – 12 oz and 46 oz containers
Canned or Plastic

46 oz containers



Frozen 11.5 oz – 12 oz



Any Style

Any Flavor
except limeade or lemonade

5.5 oz - 8 oz containers



When specified on food instrument.

WIC CEREALS

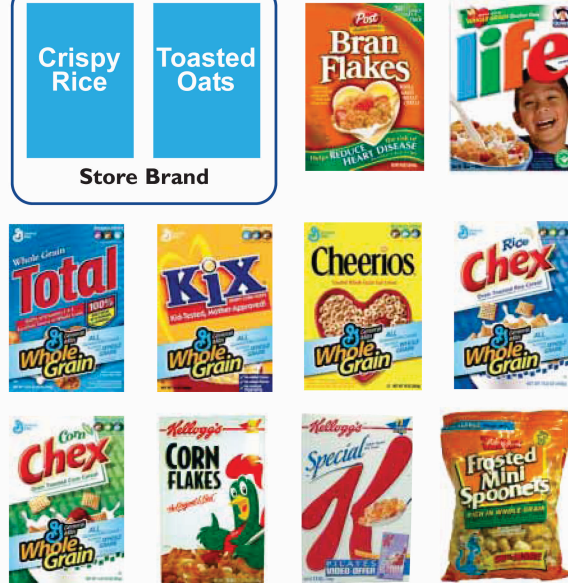
Up to 36 oz

ONLY THESE BRANDS

Crispy
Rice

Toasted
Oats

Store Brand



Cold - 12 oz or larger



Hot - 11.8 oz or larger

You may combine multiple sized containers
to equal up to 36 oz.

EXAMPLE:

$$\begin{array}{ccccccc}
 12 \text{ oz} & + & 12 \text{ oz} & + & 12 \text{ oz} & = & 36 \text{ oz} \\
 \\
 16 \text{ oz} & + & 18 \text{ oz} & = & 34 \text{ oz}
 \end{array}$$

WIC CHEESE

PLAIN, DOMESTIC

ANY BRAND

10 oz or larger



You cannot buy cheese from the deli counter, organic or imported, cheese food, cheese product or cheese spread.

WIC EGGS

ANY BRAND

Large White Eggs, One Dozen Cartons Only



You cannot buy organic, specialty, brown, small, medium, extra large, jumbo, or a six pack carton of eggs.

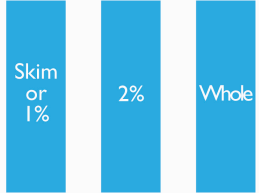
WIC MILK

LEAST EXPENSIVE BRAND, PASTEURIZED, UNFLAVORED



Least Expensive
Gallon containers only
unless specified on the
food instrument

Lactose Reduce Milk



1/2 Gallons & Quarts only if
specified on the food instrument

You cannot buy organic, pints, raw, goat's, chocolate or any
flavored milk, buttermilk, half & half, non-dairy, soy, rice or
acidophilus milk.

WIC DRIED BEANS/PEAS/LENTILS AND PEANUT BUTTER

ANY BRAND/ANY TYPE



Beans/Peas/Lentils: You cannot buy organic, snap beans, fresh, frozen or bean soup mix.

Peanut Butter: You cannot buy organic, spreads, added jelly, honey or candy chips or in tubes.

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